

## Experiences Related to Self Confidence

*This information was reported to Monroe Products and The Monroe Institute by individuals and/or by professional practitioners about the use of Hemi-Sync® in the late 1990s.*

I am less judgmental and attached to outcome. I trust myself and my intuition more and am more confident and compassionate. Other people have noticed that I am more steady and unflappable—greater sense of purpose and fulfillment—more able to let go—released fear about what others think of me—more tolerant—my approach to life is consistently positive—greater acceptance of what is. I don't feel the need to be perfect to be ok.

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I am enjoying a renewed sense of confidence and tend to be less judgmental about myself.

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A psychologist reports: "*Hemi-Sync* allows a smooth integration of technology with clinical skill. The tapes help many clients shorten the unpleasant and uncertain phases of therapy, leaving more time and resources for growth, discovery, and for celebration of their worth."

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